Positive Psychology

Everyday Affirmations

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Destiny S. Harris

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About the Book

Each day musters up its own thoughts, emotions, challenges, and situations; every day demands something different. What are you speaking to yourself to deal with this fascinating phenomenon that we call life?

This book offers a valuable but straightforward daily dose of positive optimism to your life.

Speak everything into or out of existence, and learn how to navigate all 24 hours of a given day by mastering the art of self-talk.

Remember to share this read with your friends.

Intro

This book is a life guide that you can utilize throughout your life. I know I will be keeping this book in my back pocket.

Start from the beginning or read through the Affirmation Navigation and choose what you could use help within your life right now.

You may find that some of the affirmations you didn't think would apply to you are indeed quite helpful to you after all.

I would give each affirmation a shot.

Disclaimer

This book is intended for inspiration and personal growth. It is not a substitute for professional medical, mental health, or financial advice.

1st Place

I am a champion.

I am a winner.

I am winning 1st place.

I am the best.

I am the goat.

I am the MVP.

I am the hardest worker.

I am confident I'm winning.

I am self-disciplined.

I am self-motivated.

I am goal-oriented.

I am humble.

I never quit.

I never give up.

I own the stage.

I was born for this.

Today is my day.

2nd Place

I am a winner.

I am a champion.

I am good enough.

I am worthy of first place.

I consistently put in 1st place effort.

I do not accept defeat.

I get after my goals.

I keep a constant fire lit in my soul.

I am focused.

I am unstoppable.

I am unbeatable.

I don't stay in 2nd place.

I'm a first-place champion.

I'm a first-place winner.

I work hard to earn 1st place.

I never quit.

I never let others damper my passions.

I never let defeat slow down my success.

I never let defeat slow down my progress.

Absorbed (Self)

I think of others.

I am giving.

I am selfless.

I am secure.

I am generous.

I am thoughtful.

I go out of my way for others.

I take time to volunteer.

I donate to causes I believe in.

I am a compassionate person.

I am an empathetic person.

I am sympathetic to others.

I am consistently considerate of others.

I have a benevolent soul.

Abundance

I experience abundance in my life.

I have more than enough.

I do not lack any good thing.

I am experiencing a great life.

I am experiencing a full life.

I am blessed beyond measure.

I am drenched with favor.

I am protected.

I am loved.

I am successful, according to my definitions.

I have everything I need.

Acceptance

I am an accepting person.

I accept what I cannot change.

I accept others as they are.

I do not try to change people.

I accept who I am today.

I accept my past.

I accept my past decisions.

I accept where I am in life today.

I accept me for me.

I accept my flaws.

I accept my mistakes.

I accept my feelings.

I accept my dark side.

I accept the situation I am in today.

I do not thrive on friction.

I do not resist change.

I do not resist growth.

I do not resist the good things in my life.

The first step to changing is acceptance.

Accepting Feelings

I accept the feelings I have.
I am not trying to change my feelings.
I accept my feelings and let them go if negative.
I accept when I am in a low mood.
I do not try to rush through low moods.
I accept negative thoughts and let them go.
I accept any negative energy I have and let it go.
I accept sad feelings and let them pass.
I accept feelings of anger but don't negatively act.
I accept feelings of jealousy and act productively.
I accept depressing feelings but keep it moving.
I always accept my feelings but act positively.

Ace

I am a winner.
I am an overcomer.
I am victorious.
I am a man/woman/other after God's heart.
I am blessed and highly favored.
I am covered in grace.
The universe has blessed me with mercy.
I am forgiven.
I am loved.
I love myself unconditionally.
I forgive myself for any mistakes I have made.
My mistakes have refined me for better.
I am hopeful that I have a bright future ahead of me.
Each day I feel more and more grateful.
I am choosing to surround myself with healthy people.
I will always root for myself and be my number one fan.
I am maximizing my days on this earth.

I invest much of my time into self-education.

I am grateful for all I have in this moment.
I live a life filled with gratitude.

Not a day goes by that I find nothing to be grateful for; there is **so** much in my life to feel gratitude towards.

I will not subject myself to complacency and discontentment. I will be grateful all of my days in both the big and the small things.

Acne

I have clear, healthy skin.

My skin is glowing.

My skin is flawless.

My skin is smooth.

My skin is beautiful.

My skin is soft.

I take care of my skin.

I never get breakouts.

I have a robust immune system.

I have durable skin.

I maintain a healthy lifestyle.

I am confident.

I am not my skin.

I am not my appearance.

I am inflammation-free.

Adaptable

I am open-minded.

I am accepting.

I am ever-changing.

I go with the flow.

I am not immovable.

I keep it moving.

It's okay to change my mind.

It's okay to be different.

I am cooperative.

I am accommodating.

I am versatile.

Addiction

I value my life.

I value my family.

I value my friends.

I am valued.

I am loved.

I am loveable.

I am loving.

I am kind.

I am patient.

I am sober.

I am honest.

I am covered with grace.

I am powerful.

I am strong.

I am in control of my actions.

I am in control of my behavior.

I am in control of my habits.

I am emotionally healthy.

I am mentally healthy.

I am spiritually healthy.

I am an overcomer.

I am resilient.

I am secure.

I am independent.

I am capable.

I am free.

I am protected.

I am experiencing freedom.

I am a winner.

I am selfless.

I am determined.

I am wise.

I am favored.

I have self-discipline.

I value accountability.

I ensure I receive the help I need consistently.

Addiction will not destroy my life.

Addiction will not rule over my life.

I am taking charge of my life today!

Affirmation (Validation) Addiction

I give myself affirmations.

I don't wait for others to affirm me.

I am enough for me.

I am enough.

I am good enough.

I do not seek validation from others.

I validate myself.

I see myself as a winner.

I see myself as a champion.

I see myself positively.

I speak to myself positively.

I am my biggest fan.

I am kind to myself.

I am sensitive to myself.

My identity comes from within.

My sense of self comes from within.

Afraid

I am taking a leap of faith.

I take leaps often and with courage.

I am courageous.

I take the time to understand my fears.

I do not fear failure.

I do not fear success.

I am not driven by fear.

I am not driven by weakness.

I am not driven by insecurity.

I am confident.

I am assertive.

I am as bold as a lion.

I am not afraid.

I am mentally strong.

I follow through on my commitments.

Age

I am young.

I am youthful.

I am flawless.

I am playful.

I am humorous.

I am filled with laughter.

I am ageless.

I am mentally sharp.

I am emotionally well.

I live without regret.

I forgive easily.

I have a big heart.

I am cheerful.

I am grateful.

I am living a full life.

I am forever young.

I take care of my physical body.

I invest consistently in my health.

I treat others kindly.

I am bitter-free.

I consistently make new friends.

I am financially independent.

I let go of everything that holds me back from my best self.

Alcohol

I engage in healthy behaviors.

I choose to drink in moderation.

I do not abuse alcohol.

I do not need a drink to loosen up.

I do not need a drink to have fun.

I am careful with whom I drink.

I avoid addiction to alcohol.

I value my health.

I value my decisions.

I take time to think before I act.

I am careful about the company I keep.

I never drink and drive.

I never leave my drink unaccompanied.

If I drink, I am a responsible drinker.

Alone

I am supported.

I am not alone.

I am happy.

I am friendly.

I am not abandoned.

I am sociable.

I am accepted.

I am content.

I am in love with myself.

I am cheerful.

I am popular.

I am loved.

I am agreeable.

I am amiable.

I am warm.

I am pleasant.

I am humorous.

I am loving.

I am enjoying time with myself.

I am experiencing quality relationships.

American Dream

I choose the dreams I go after.
I create my own goals.
I create my definition of success.
I am my own person.
I'm not going into debt to keep up with everyone.
I don't remain at jobs that don't bring me joy.
I live passionately.
I do work that adds value to my life and others.
I will buy a house when I'm financially ready.
I sell possessions that keep me in bondage.
I don't do things because they "seem" right.
I get married because I want to.
I go to college because I want to.
I only buy things I can afford.
I am not in bondage to anyone or anything.

Anger

I am calm.

I am serene.

I am peaceful.

I am still.

I am patient.

I am understanding.

I am kind.

I am open-minded.

I am not defensive.

I am receptive.

I am slow to anger.

I am respectful.

I am wise.

My mind is tranquil.

Outside circumstances do not control me.

Animosity

I let go of all negative feelings.

I do not hold onto negativity.

I do not stay in unhealthy relationships.

I surround myself with positivity.

I am doing the work I need to grow.

I have a positive spirit.

I do not act out of anger.

I do not act out of hostility.

I deal with my pain.

I heal from my pain.

I do not ignore or bury hurt feelings.

I deal with hurt feelings.

I have a peaceful soul.

I am still.

My mind and heart are forgiving.

My soul is beautiful.

I forgive others for any hurt they caused me.

I forgive myself for any hurt I caused to others.

I forgive myself for any hurt I caused myself.

I am a calm person.

I am patient.

I am slow to anger.

I maintain emotional stability.

I maintain elevated levels of emotional maturity.

Anxiety

My temperament is peaceful.

I am calm.

I am serene.

My mind is tranquil.

My mind is still.

I am in control of my thoughts.

I am in control of my mind.

I am in control of my emotions.

I am in control of my decisions.

I am fearless.

I am bold.

I am confident.

I am at peace.

Apathy

I am full of life.

I am light-hearted.

I feel everything.

I am aware of my emotions.

I have a purpose in life.

I am living out my purpose.

I am experiencing my dreams as my reality.

I am thankful to be alive.

I am bright.

I am happy.

I am content.

I am high on life.

I am blessed.

I am in tune with myself.

Assertive

I am confident.

I am assertive.

I am not easily persuaded.

I make up my own opinion.

I do not let others make decisions for me.

I speak up when necessary.

I dominate conversations when necessary.

I do not let the opinions of others define me.

I am myself.

I am bold.

I am empowered.

I am mentally strong.

I can hold my own.

I am valuable.

I am not a pushover.

I stand up for others when I feel it necessary.

I make wise decisions.

I am a quick thinker.

I am a leader.

I am sure of myself.

I am the driver of my life.

I am focused.

I am fearless.

I am persuasive.

Attitude

I have a great attitude.

I always look on the bright side.

I am content.

I am optimistic.

I smile with my eyes.

I have so much to be grateful for.

People enjoy being around me.

I give off good vibes.

I am grateful for life.

Life is beautiful for me.

Life is beautiful to me.

I'm high on life.

Beauty

I am attractive.

I am beautiful.

I am good-looking.

I am healthy.

I am confident.

I am a looker.

I am fun to look at.

I am handsome/gorgeous.

I am alluring.

I am illuminating.

I am captivating.

I am interesting.

I am fun to be around.

I am a light.

I am happy.

I am positive.

I am fun to converse with.

Best Friend

I have a best friend I can count on.

I have someone I can consistently lean on.

I am a quality best friend.

I am my own best friend.

I am kind to myself.

I take time to get to know people on a deep level.

I forgive easily.

I invest in my friendships.

I am not alone.

I am surrounded by love.

I give love to myself.

I give love to others.

I am the best kind of friend to have.

Betrayal

I forgive easily.

I love easily.

I let go easily.

I move on easily.

I am resilient.

I am open-minded.

I am kind to myself and others.

I am constantly learning.

I am constantly growing.

I learn from everyone.

I am careful of who I keep in my inner circle.

I take the necessary time to trust people.

I do not give too much or give too soon.

I have healthy boundaries.

Birthday

Every day of my life is worth celebrating.
I do not wait for my birthday to celebrate myself.
I make plans to celebrate throughout the year.
I celebrate myself on my birthday.
I never wait for others to celebrate me.
I enjoy birthdays.
I make the most of my birthday.
I do something exciting for all of my birthdays.
I am excited about each new year I get to live.
I celebrate every new year of life.
I am grateful that I am alive.
I choose to make the most of this year.
I choose to be grateful for all I have.
Each birthday gets better each year.

Bitterness

I am free of bitterness.

I do not harbor negative feelings.

I do not hold onto the past.

I do not hold things against others.

I do not hold past events over others.

I quickly let go of wrong others did to me.

I forgive others quickly.

I am resilient.

I keep it moving.

I am a kind person.

I live without regrets.

I live in the present.

I am a content person.

I have peace within my soul.

I live fully.

I love fully.

I don't live in the past.

I focus on what is here and now.

I do not let the past hold me back.
I do not let what others did to me hold me back.

Body Dysmorphia

I accept my body.

I have a beautiful body.

I speak well over my body.

I am confident in my skin.

I engage in healthy exercise to sculpt my body.

I see myself in a positive light.

I healthily view myself.

I do not compare my body to others.

I love myself.

I love my body.

I take great care of my body.

I value my body.

Bodybuilding

I am strong.

I am muscular.

I continuously improve my physique.

I consistently challenge myself.

I always set new goals.

I hit PRs consistently.

I am mentally strong.

I am emotionally strong.

I am physically strong.

I am focused.

I am determined.

I am comfortable with temporary pain.

I thrive on a routine.

I value my health.

I do not compare my body to others.

I only compete against my past self.

I remain passionate about bodybuilding.

I am creative.

I dominate.

I am self-motivated.

I am self-disciplined.

I have a perfect physique.

I am perfect as I am at every stage of growth.

I age gracefully.

Boredom

I am finding new meaningful hobbies.

I am excellent at time management.

I am productive.

I am comfortable with being bored at times.

I am useful.

My life is valuable.

I am not idle with my life.

I am making the most of life.

I take advantage of excellent opportunities.

I am independent.

I am not wasteful of my time.

I am not lazy.

I am fun.

I am living my best life.

I am making the most of my time here on earth.

Boundaries

I maintain healthy boundaries.

I know how to say "no."

I am not scared to say "no" to others.

I implement boundaries in every area of life.

Boundaries keep me sane.

Boundaries keep me happy.

Boundaries keep me balanced.

I love boundaries.

I continue to educate myself on boundaries.

Broke

I am never broke.

I always have resources available to me.

I have a wealthy mentality.

I am wise with money.

I speak life over my finances.

I have money.

I can go out because I have money.

I can give because I have money.

I help others because I can.

I help others because I want to.

I receive help from others willingly if I need it.

I am humble.

I am thankful.

I am grateful for all I have.

Broken Hearted

I am healed.

My heart is healed.

My life is full.

I am full of life.

I am loved.

I am loveable.

I am worthy of love.

I am worthy of being loved.

I am strong.

I am empowered.

I am confident.

I am secure.

I am one of a kind.

I am unique.

I am living my best life.

I am more than good enough.

I am happy.

I have everything to live for.

Bullying

I do not bully others.

I do not force others to do what I want.

I do not impose unhealthy power on others.

I do not abuse power.

I am accepting to all.

I am not prejudiced.

I am not sexist.

I am not racist.

I am secure in myself.

I do not tear others down to feel better.

I am confident.

I am special.

I am unique.

I am protected.

I am whole.

Cabin Fever

I have the gift of peace.
I have the gift of self-discipline.
I am exerting energy from my body through exercise.
Exercise is my friend.
Deep breathing is my friend.
Meditation is my friend.
Hope is my friend.
Self-education is my friend.
Honest communication is my friend.
Seeking help is my friend.
Relinquishing the ego is my saving grace.
My mental health is intact.
I spend time with prayer, reflection, and education.
I journal my thoughts and feelings as a release.
Adversity makes me stronger and builds fortitude.
I seek the joy in everything.
This trial shall be a testament of who I am.
I am rolling with the punches, but I will not be knocked out.
Cabin fever will not have victory over me.
Cabin fever is **temporary**.
My mind and heart will never be locked up.

Capricious

My emotions do not rule me.

I am emotionally healthy.

I am emotionally stable.

I am mentally healthy.

I am mentally stable.

I am consistent.

I think before I make a decision.

I do not let my emotions spiral out of control.

I am in tune with my thoughts.

I am in tune with my feelings.

I am self-aware.

I am encouraged.

I am emotionally mature.

I deal with my past head-on.

I do not let negative experiences overtake me.

I am secure.

I am physically healthy.

I invest in my holistic health.

I invest in my holistic well-being.

Car Crash

I am calm above all else.

I am thankful I am still alive.

I am a conscious driver.

I am an alert driver.

I am a responsible driver.

I pay close attention when I drive.

I am an offensive and defensive driver.

I maintain quality car insurance.

I can afford quality car insurance.

I can afford to pay my deductible if needed.

Car Troubles

I understand that shit happens.

I am calm.

I am grateful that I have a car.

I am maintaining low-stress levels.

I am optimistic.

I can afford car repairs if needed.

I get regular maintenance on my car.

I can afford regular maintenance on my car.

I consistently save in my emergency fund.

Career

I am thriving in my career.

I am accelerating in my career.

I am enjoying my career.

I am consistently getting promoted.

I am blessed with fantastic bosses.

I am a skilled leader.

I am continuously growing.

I am consistently staying out of my comfort level.

I am making productive moves in my career.

I stay relevant with skills and experience.

I maintain above market level experience.

I am experiencing favor throughout my career.

Centered

I am centered.

I am balanced.

I am calm.

I am healthy.

I am filled with gratitude.

I am the best version of myself.

I am humble.

I am honest.

I am emotionally available.

I am mentally strong.

I maintain stability in my life.

I maintain a healthy perspective on life.

I strive for balance in all areas of my life.

Champion

I am a champion.

I am a winner.

I am an overcomer.

I am resilient.

I am diligent.

I am persistent.

I am focused.

I am in control of my time.

I am disciplined.

I am determined.

I never give up.

I never give in.

I go for my dreams.

I actively work on my dreams.

I am not a procrastinator.

I keep track of my goals.

I don't take shortcuts.

I am the best at what I do.

I am number one.

Choices

I make healthy decisions in every area of my life.
I effectively implement knowledge.
I never give into negative peer pressure.
I think before I make a decision.
I consistently make excellent choices.
I consistently witness fruit from my decisions.
I am intelligent.
I count the cost of every decision.
I am thoughtful.
I am wise.

Christmas

I am calm around the holidays.
I am grateful for the holidays.
I know that Christmas is not about gifts or things.
I am okay with not receiving the gifts.
I do not stress about getting gifts for people.
I give the best way I can for Christmas.
I maintain a spirit of giving throughout the year.
I carefully choose who I'm around for holidays.
I do not over drink during Christmas.
I do not overeat during Christmas.
I don't sway too far from routine during holidays.
I make the most of each Christmas.
I make my own traditions for Christmas.
There is no rulebook for doing Christmas.
I don't have to celebrate Christmas.

I don't get stressed out around Christmas.

I am easy going around Christmas.

Clarity

Clear thinking is a gift.
Clarity is a gift I never take for granted.
I hold onto clear and lucid thinking with my dear life.
I utilize my intelligence to properly filter my mind.
My mind is strong.
My heart is whole.
My heart is good.
My intentions are genuine.
I discard unproductive thoughts from my mind.
I discard unproductive thinking from my mind.
I discard unproductive emotions from my heart
I discard unproductive emotions from my body.
I fill my mind with good and positive thoughts.
I feed my mind quality food.
With more wisdom, comes more clarity.
With more knowledge, comes more understanding.

I never let other individuals compromise my clarity.

I keep clarity close to my soul.

I let go of everything clouding my judgement.

I let go of everyone clouding my judgement.

I let go of habits that cloud my judgement.

Clarity is a priority for me.

Codependency

I am independent.

I make decisions for myself.

I am not overbearing.

I let others make their own decisions.

I do not live my life for others.

I am mentally healthy.

I am emotionally healthy.

I value self-care.

I prioritize my self-care before others.

I do not get overly involved in others' issues.

I am happy being by myself.

I am comfortable with myself.

I do not let others make decisions for me.

I don't let others become more important than me.

I am valuable.

I cannot save everyone.

I cannot force others to make certain choices.

I have to love myself first.

Comfort Zone

I do not stay in my comfort zone.
I find opportunities to be out of my comfort zone.
I push the boundaries.
I push my limits.
I push myself.
I am comfortable being out of my comfort zone.
I constantly challenge myself.
I am self-motivated.
I am confident.
I am assertive.
I have high self-esteem.

Communication

I am confident.

I am an excellent communicator.

I am bold.

I am secure.

I am interesting.

I am captivating.

I am accepted.

I am skilled at talking to people.

I am articulate.

I am fearless.

I am funny.

I am humorous.

I am well-liked.

I am favored.

I am warm.

I am pleasant.

I am respected.

I am assertive.

I am eloquent.

I am graceful.

Comparison Syndrome

I do not compare myself to others.

I am good enough.

I am secure in myself.

I build others up.

I do not have an inferiority complex.

I do not have a superiority complex.

I do not relish in the failures of others.

I celebrate the success of others.

I wish good on others.

I am a genuine person.

My self-worth comes from within.

My confidence is independent of others' weaknesses.

Competition

I am a champion.

I am victorious.

I am number one.

I am the best.

I am a winner.

I am confident.

I am calm.

I am mentally strong.

I am emotionally strong.

I am physically strong.

I am more than capable.

I am better than I was yesterday.

I am focused.

I am an overcomer.

I am unmatchable.

I am untouchable.

I am highly skilled.

I am bold.

I am beating my overall competition.

Confident

I am confident.

I am assertive.

I am radiant.

I have a strong presence.

I make others feel comfortable.

I never back down.

I have strong boundaries.

I do not let others run over me.

I do not let others use me.

I do not use others.

I am genuine.

I am not afraid to show others who I am.

I am secure.

I am very comfortable in my skin.

I am a leader.

I am not a follower.

I am a great listener.

I speak up for myself.

I speak up for those who can’t speak up for themselves.

Confusion

I think clearly.

I am decisive.

I am level-headed.

I am a quick decision-maker.

I am wise.

I live my life with clarity.

I am mentally strong.

I am mentally elevated.

I am enlightened.

I am making purposed filled decisions.

I am living a life of purpose.

I know my purpose.

I am on this earth for a reason.

I know my truth.

I know who I am.

I am who I am.

I am confident in who I am.

I am confident in how I feel.

I know myself.

Connection

I am taking time to get to know new people.

I value genuine connection with others.

I am socially healthy.

I am socially agreeable.

I am mentally healthy.

I am mentally agreeable.

I am well-liked.

I have a kind and open-minded demeanor.

I go out of my way to learn about others.

I invest my time in quality relationships.

I consistently make valuable connections.

Consistency

I am consistent.

I am emotionally stable.

I am physically balanced.

I am mentally strong.

I maintain quality habits.

I stick with my commitments.

I do not give up easily.

I follow through on my word.

I am faithful.

I am loyal.

I am committed.

I am adaptable.

I am goal-oriented.

I live a stable life.

I am responsible.

Contentment

I am thankful for my life.

I am thankful for everything in my life.

I am thankful for everyone in my life.

I am thankful for life itself.

I am at peace.

I am content with who I am.

I am content with who I am developing into.

I am a peaceful spirit.

My mind is still.

My mind is serene.

I am content.

I am satisfied with my life.

I take the necessary actions to be content.

Creativity (Creative Intelligence)

I am creative.

I love to explore.

I enjoy learning new things.

I am a genius.

I am intelligent.

I am smart.

I am open-minded.

I am different.

I am unique.

I have a beautiful mind.

I have a beautiful imagination.

I am creative in my own way.

I define what creative is for me.

I continuously tap into my creative potential.

I am utilizing my creative intelligence.

I am a master of my mind.

I am using my mind to help me excel in life.

I know how to make all situations work to my benefit.

I am overflowing with creative intelligence.

I am creatively intelligence.

I am 10 times smarter than all the average person.

I am flourishing in my life.

My intelligence continually skyrockets.

My creativity levels are boiling over.

I think quick on my feet.

I solve problems quickly.

I do not dwell on things that should be overlooked.

I am using my creative intelligence to work in my favor.

Dark Thoughts

I am a light.

I am a beautiful soul.

I am more than good enough.

I am special.

I am thankful for every good thing.

I am blessed.

I am kind to myself.

I love myself.

I have a healthy relationship with myself.

I can do this.

I am successful in life.

Every breath I take is priceless.

I am priceless.

My life is priceless.

My mind is beautiful.

My heart is big.

Debt

I am financially wise.

I have a positive net-worth.

I am financially successful.

I am financially thriving.

I make intelligent financial decisions.

I do not buy things to keep up with everyone.

I am a slave to no one.

I am a consistent saver.

I am a consistent investor.

I value my financial well-being.

I can take care of all financial obligations.

I have a strong financial foundation.

I spend less than what I bring in.

I think before I make a purchase.

Defeat

I am a winner.

I win at all costs.

I feel like a winner.

I refuse to stay down.

I have high self-value.

I envision myself as a winner.

I am not defined by my failures.

I am not defined by my mistakes.

I stand back up on my feet immediately.

Demons

I am not allowing my demons, addictions, and darkness to rule over my life.

Demons have no place in my life, spirit, soul, body, and heart.

I decide who I shall be from today forward.
I am dedicated to a life of greatness.
I am filling my life with positive light.
I will not forsake the good parts of myself.
I am good-hearted.
I am finding strength in my weaknesses.
I am seeking the good in every situation.
I allow love to lead my decisions.
I spread love, kindness, patience, and understanding.
I am dedicated to leading a quality and positive life.
I am following the light.

I will never leave good or forsake good.
I will hold onto what is good and eradicate evil.
Goodness shall follow me all of the days of my life.

Everything I intake can come out of me so:

I stand guard of my mind.
I stand guard of what I feed my body.
I stand guard with the music I consume.
I stand guard of what my eyes see.
I stand guard with who I allow into my life.

Disappointment

I accept my past.
I accept the decisions I have made.
I understand that it is okay to feel disappointed.
I am resilient.
I am getting back up.
I am a champion.
I never give up.
I do not accept defeat.
I get right back up when I fall down.
I am victorious.
I am a winner.
I accept my feelings right now.
I consistently move forward in life.
I am not a disappointment.
I am not a failure.

Discipline

I am disciplined.

I have self-control.

I have order in my life.

I have a routine that works for me.

I conduct my life orderly.

I have self-restraint.

I know how to say "no."

I maintain healthy boundaries.

I model self-discipline to others.

Discouraged

It's okay to be discouraged at times.
I know this pain is only temporary.
I know this too shall pass.
I choose to be resilient.
I choose to lift myself up.
I choose to be strong in my weakness.
I am choosing to be encouraged.
I surround myself with motivation.
I surround myself with life.
I surround myself with optimism.
I won't stay down for long.
I am a champion.
I don't repeat insane decisions.
I don't live unproductively.
I remain kind to myself through everything.

Disease

I am free of all disease.

I am free of all sickness.

I am healthy.

I am positive.

I am happy.

I laugh often.

I am free of pain.

I am living my year out strong-willed.

I never give up.

I never give in.

I surround myself with love.

I surround myself with positivity.

I surround myself with people that care for me.

I take care of myself.

I consistently invest in my health.

Dissatisfaction

I am thankful that I am alive.
I am thankful for what I have.
I am grateful that I can read.
I am grateful that I can learn.
I am grateful for where I am at in life.
I am choosing to be content with the present.
I am satisfied with the ebbs and flows of life.
I choose to make the most of every moment.
I do not chase feelings.
I do not chase emotions.
I do not live my life based off of feelings.
I do not make decisions only based on emotion.
I do not compare my life to others.
I find the beauty in all.
I choose gratitude today and the rest of my days.

Doing It All

I maintain healthy boundaries.
I do not commit to doing more than I can handle.
I communicate my feelings to receive help.
I communicate my feelings to my partner.
I do not maintain a high stress-tolerance.
I do not run myself ragged taking care of others.
I do not take on other's responsibilities.
I value my mental health.
I value my physical health.
I value my emotional health.
I do not have to prove anything to anyone.
I do not have to earn people's approval.

Drama

I am not addicted to drama.

I feel comfortable with no problems.

I feel comfortable with peace.

I do not need to start trouble.

I do not go looking for trouble.

I feel great when I am balanced.

I feel great when life is going well.

I feel great when my relationship is going well.

I am okay with being bored.

I am not an instigator.

I am comfortable with quiet.

I am relaxed.

I do not expect negative things to happen.

I am a peaceful person.

Dreams

I dream big.
I am an active dreamer.
I never give up on myself.
I never give up on my dreams.
I love myself enough to value my dreams.
I do not give in to distractions over my dreams.
I accomplish all I set out to.
I never limit myself and what I can achieve.
I have unlimited ambition, dreams, and drive.
I am confident that I can achieve anything.
I am focused.
I am driven.
I am passionate.
I am determined.
I am persistent.
I am dream-driven.

I don't let anything get in the way of my dreams.

I don't let anyone get in the way of my dreams.

I am the sole determinant of my success.

Driven

I am driven towards my definition of success.

I am ambitious.

I am focused on my targets.

I am unstoppable.

I am determined to improve consistently.

I take focused action on my goals.

I am not easily distracted from my goals.

I prioritize my time efficiently.

Drugs

I do not abuse any drug.
I do not abuse any medication.
I am not overly dependent on any medication.
I deal with issues before they get out of control.
I do not covertly look for trouble.
I carefully choose who I hang around.
I value my mental health.
I value my emotional health.
I value my physical health.
I value my spiritual health.
I know that abusing drugs is just a temporary fix.
Self-discipline and wisdom are my friends
Accountability is a must for me.
I have a strong support system.
I seek help when I can't help myself.
I am not prideful.

I am not filled with ego.

Seeking help is wise.

Admitting I am weak is strong.

Empowerment

I am empowered.

I am strong.

I am assertive.

I am decisive.

I am confident.

I am worthy.

I am deserving of good in my life.

I am intelligent.

I am resilient.

I am wise.

I am sure of myself.

I am independent.

I am healthy mentally.

I am healthy financially.

I am healthy physically.

I am healthy spiritually.

I am healthy sexually.

I am healthy emotionally.

I am blessed.

I am more than good enough.

I am remarkable.

I am one of a kind.

I am bold.

I am patient.

I am lovable.

I am beautiful.

I am favored.

I am attractive.

I am unique.

I am special.

I am creative.

I am valuable.

I am valued.

I am driven.

I am admired.

I am worthy of being listened to.

I am on fire.

I am executing my passions.

I am an empowered person.

Enabler

I am not an enabler.
I maintain healthy boundaries.
I am not codependent.
I am independent.
I do not encourage unhealthy behaviors.
I do not encourage unhealthy habits.
I do not encourage irresponsible behavior.
I am an excellent accountability partner.
I love others genuinely.
I help others put healthy boundaries in place.
I let others take responsibility for their actions.
I love from a distance when loving up close hurts me or others.
I do not enable the ones I love to engage in unhealthy behaviors.

Energy

I am energetic.

I am tapping into my deep energy sources.

I am best friends with power naps.

I stay away from being stressed out.

I invest in my holistic health.

I have an infinite amount of energy.

My diet supports high energy levels.

I drink lots of water.

I intake lots of nutritious and dense foods.

I engage in consistent physical activity.

I am optimistic.

I have a positive demeanor.

I hang around positive people.

I am mentally strong.

I am physically strong.

I am emotionally strong.

I am spiritually strong.

I am motivated to make the most of today.

I am the best version of me today.

I choose to conduct today with high energy.

Environmentally Friendly

I am a conscious citizen of this world.
I am conscious of how much water I utilize.
I am conscious of how much trash I dispose of.
I am conscious of how much electricity I use.
I do not leave lights on I am not using.
If possible, I carpool when I can and drive less.
I try not to waste food.
I educate myself about environmental matters.
I am a conscious inhabitant of our universe.
I am not a wasteful person.
I do not leave the water running if I'm not using it.

Evil

I purge my heart of all evil.
I purge my mind of all evil thoughts.
I purge my heart of all evil feelings.
I purge my life of evil people.
I purge my life of evil relationships.
I purge my life of evil addictions.
I purge my life of evil dependences.
I purge my life of evil habits.
I purge my life of evil behaviors.
I purge my life of evil things.
I purge my life of all unproductiveness.
I purge my life of all that doesn't serve me well.
I purge my life of painful memories.
I purge my life of unproductive darkness.
I purge my life of regret.
I purge my life of revenge.
I fill my life with love, kindness, and hope.

Let everything I do be from a place of love.

I curse no one.

I wish no ill on anyone.

I only wish good on others.

I only wish good on myself.

I am good-hearted.

I am kind-hearted.

I am gentle-hearted.

I am headed in the right direction.

I am on the road less traveled.

Exhaustion

I am taking care of me.
I am spending time with me.
I am in love with me.
I value my health.
I value my sanity.
I am mindful.
I am peaceful.
I am calm.
I am taking time to breathe.
I am grateful.
I am taking the necessary time to rest my soul.
I am taking the necessary time to rest my body.
I am taking the necessary time to rest my mind.
I am taking the necessary time to rest my eyes.
I am taking the necessary time to rest my hands.

I am taking the necessary time to rest my feet.

I am taking time out to recover from daily life.

I am taking time out to rest from everything.

Failure

I am a winner.

I am an overcomer.

I am a champion.

I am number one.

I am resilient.

I quickly learn from unproductive decisions.

I am not a failure.

I never give up.

I never stay down.

I never give in.

I never let up.

Family

I love my family unconditionally.

I respect my family.

I respect my parents.

I prioritize my family before unhealthy relationships.

I never put toxic people before my family.

I treat my family well.

I pray blessings over my family; I never curse them.

I am thankful for my family.

I invest time into my familial relationships.

I invest positive energy into my family.

I am there for my family when they need me.

My family remains a priority through good and bad times.

I will never stop loving and believing in my family.

Family Drama

I am not codependent.
I stay out of affairs I don't need to be involved in.
I have the best relationships I can with family.
I let go of what I cannot change.
I do not take responsibility for others.
I let my family make their own decisions.
I do not let my family make decisions for me.
I do not use guilt on any family members.
I do not let my family use guilt on me.
I have healthy financial boundaries with family.
I let go of past hurts and pain from family.
I am the determinant of my present and future.
I am in charge of my life.

Fate

I accept my fate.
I am falling in love with my fate.
I love my fate.
I am flowing with the waves of life.
I know how to flourish no matter the circumstances.
I will create my own destiny with the fate life bestows upon me.
I will always find a way to overcome all circumstances.
I will always know how to survive in the "good" and the "bad".
I believe that my life has divine purpose.
Each day, I remain in tune with the earth.
Negative circumstances will never define me, but refine me.

Favored

All favor me.
I am favored by people who don't even like me.
I am favored in all situations.
I am well-liked.
People go out of their way for me.
People enjoy making my life easier.
People go out of their way to be kind to me.
I am blessed beyond measure.
I am never taken for granted by others.
I am protected.
I am watched over.
I am seen in a positive light.
My strengths are highlighted.
My weaknesses are not focused on by others.
I am described in a positive light.
People talk positively behind my back.

Fear

Fear will not overtake my soul.

Fear will not defeat my mind.

Fear will not destroy my soul.

Fear will not paralyze me.

Fear will not end my life.

I am not afraid.

I am courageous.

I am bold.

The lion is within me.

I control my thoughts.

I will discipline my fears.

I **move** through fear.

I face my fears.

I will never allow my fears to define me.

Fear shows me what matters most.

Financial Health

I am financially independent.

I am financially smart.

I am financially secure.

I am financially prepared.

I am financially wise.

I am productive with my money.

I am a smart investor.

I am a consistent saver.

I am blessed financially.

I am experiencing more than enough.

I am financially liberated.

I am debt-free.

I am confident with money.

I am flourishing financially.

I am experiencing abundance.

I am well off financially.

I am money savvy.

Financially wise people surround me.

I am trustworthy with money.

I am a lender.

I am financially confident.

I am financially free.

I make money work for me.

Fitting In

I fit in with myself.

I do not look to fit in with others.

I love who I am.

I am who I am.

I love being me.

I enjoy being me.

I am genuine.

I am confident.

I am secure.

I am assertive.

I am unique.

I am who I am.

Flexible

I am flexible.

I am adaptable.

I am mutable.

I am transformative.

I am open-minded.

I am accepting.

I am mentally aware.

I am emotionally available.

I am constantly learning.

I am constantly growing.

I am always evolving.

I am patient when plans change.

I am okay when plans are canceled.

I am okay when things don't go my way.

Flow

I am in my element.

I live a balanced lifestyle.

I have mental clarity on all things.

I'm calm.

I'm constantly inflow.

My life flows.

I'm doing positive work in my life.

I'm doing positive work for others.

I have found my passion.

I am living out my purpose.

I am thriving.

I am living life fully.

Food Addiction

Food does not control me.
Food does not own me.
I am in control of my life.
I am in the driver's seat.
I choose to make healthy choices.
I choose to be healthy.
I choose not to eat everything I want.
I do not let others sway me off course.
I surround myself with other healthy individuals.
I am a healthy individual.
I am letting go of harmful behaviors.
I do not put myself in tempting situations.
I have power over what I put in my mouth.
I do not live with addictions.
Nothing has power over me.
I am free of all harmful behaviors.
I am living my best life.

I am the healthiest version of myself.

I continuously fall in love with my body.

I do what is best for my health.

I do what is best for my body.

I am confident.

I am healed of past wounds.

I am more than good enough.

Food is not a negative outlet for me.

Forgetful

I have an excellent memory.

I rarely forget things.

I remember the essential things.

I am organized.

I make an effort to remember things.

I keep my brain active.

I engage in healthy physical activity.

I write down and set reminders for myself.

I am in control of my time.

I am skilled at time management.

Friendship

I am a quality friend.

I have quality friends.

I take time to learn who people are.

I take the time to listen to others.

I have healthy boundaries.

I am giving.

I am open-minded.

I love myself.

I can love others.

I am friendly.

I am kind.

I am genuine.

I am a quality friend to others.

I avoid people who show me dangerous patterns.

I am cautious about the friends I keep.

My friends are a reflection of me.

I keep good company.

Bad company corrupts good manners.
Evil people corrupt the good hearted.
I am offering quality friendship to the right people.

F*ck Work

I choose to be grateful for my job.

I am a responsible employee.

I have an excellent work ethic.

I respect my employer.

I maximize the opportunities at my job.

I execute my work even when I don't feel like it.

I don't need to be micromanaged.

I consistently complete my work on time.

I am a go-getter.

I do not lead my life with my feelings.

I am in control of how I handle my emotions.

I take this work opportunity seriously.

Gaming Addict

I take breaks while I game.

I tend to my responsibilities before gaming.

I have other hobbies outside of gaming.

I take time to educate myself outside of gaming.

I take time to read consistently.

I rest my eyes from looking at screens.

Genuineness

I am a genuine person.

I am only ever myself.

I do not try to be anyone but myself.

I am honest.

I live my life with integrity.

I am happy to be me.

I am real.

I am down to earth.

I am open with others.

I am relatable.

I embrace imperfection.

I am close to other genuine people.

Gifted

I am talented.

I am special.

I am unique.

I am gifted.

I am intelligent.

I am a genius.

I am different.

I am one of a kind.

I am magnificent.

I am favored.

I am worthy of good things.

I believe in myself.

I am creative in my own way.

I am my own person.

I have many beautiful and useful gifts.

Goal

I am focused on achieving my goal.

I am driven.

I am determined.

I am motivated.

I am persevering.

I am not giving up.

I am consistent.

I am dream-oriented.

I am an active dreamer.

I take consistent action on my goals.

I am goal-oriented.

I am laser-focused on my goals.

I do not give up on my dreams.

I value my dreams.

I value my desires.

I have a high self-worth.

I never let things distract me from my goals.

I never let people distract me from my goals.

Gossip

I speak well of others.

I build others up.

I am a positive person.

I am an encouraging person.

I am an optimistic person.

I am careful of what I say about others.

I am cautious of those who gossip.

People can trust me.

People like to be around me.

People know I will speak well over them.

People know I will encourage them in dark times.

Grace

I am surrounded with God's grace.
I am in deluged with God's grace.
The universe is granting me grace.
I have the gift of grace.
I am favored with God's grace.
Like David, I have God's grace and mercy.
Grace follows me wherever I go.
I am thankful for grace.
I never take for granted God's grace.
Grace is keeping me.
Grace finds me wherever I go, in all I do.
I am grateful I have God's grace.
I am grateful I have God's grace.
I am grateful I have God's grace.
I am grateful I have God's grace.
I am grateful I have God's grace.
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I am grateful I have God's grace.

I am grateful I have God's grace.

Grateful

I choose to be grateful even when I don't feel it.
I consistently find things to be grateful for.
I consistently find people to be grateful for.
I consistently find beauty throughout my days.
I am filled with gratitude.
I am thankful for my life.
I am thankful for my experiences.
I am thankful for who I am becoming.
I am thankful for who I am today.
I try to find the positive in everyday life.

Guilt

I let go of any guilt I'm holding onto.
I forgive myself.
I forgive others.
I forgive myself for not making different decisions.
I forgive others for hurting me.
I forgive myself for hurting others.
Guilt will not eat me alive.
I relinquish all unproductive emotions from my life.
Guilt is an unproductive emotion.
Guilt does not serve me well.
I do not hold onto unproductive emotions!
I must let go, and move forward.
The one thing I can do is forgive and move forward.
I forgive myself, and **now** I let go.
I forgive myself, and **now** I let go.

I forgive myself, and **now** I let go.

I forgive myself, and **now** I let go.

I forgive myself, and **now** I let go.

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I forgive myself, and **now** I let go.

I forgive myself, and **now** I let go.

I forgive myself, and **now** I let go.

I forgive myself, and **now** I let go.

Habits

I maintain productive habits.

I kill off bad habits quickly.

I am self-motivated.

I instill healthy habits in my life.

I am self-aware.

I know what works best for me.

I know what doesn't work well for me.

I am open-minded.

I am humble.

I consistently learn and grow.

I am disciplined.

I am focused.

I have goals I consistently work on.

Hair Loss

I have healthy hair.

I have a healthy body.

I have a full head of hair.

I maintain a healthy diet.

I take care of my body.

I take care of my hair.

I have excellent hygiene.

I have excellent genetics.

I maintain a nutrient-dense diet.

I am confident with no hair.

I am confident with missing hair.

I am confident with a head full of hair.

Happiness

I am happy.

I am delighted with life.

I am warm-hearted.

I am kind.

I am self-less.

I am giving.

I am thoughtful.

I am destined for greatness.

I am positive.

I am optimistic.

I am awesome.

I am amazing.

I am excited.

I am a ray of sunshine.

I am healing to others.

I am warm light to others.

I am a beautiful spirit.

I am a beautiful soul.

Headache

I am healed.

I am light.

I am calm.

I am stress-free.

I am at peace.

My head feels great.

I am taking time to rest.

I sleep well.

I have a high-quality sleep.

I am free of aches and pains.

I am feeling great.

I am taking care of my health.

I am not overcommitting.

I am living my life for me.

Healthy Living

I am healthy.

I am mentally healthy.

I am physically healthy.

I am emotionally healthy.

I am sexually healthy.

I am spiritually healthy.

I am physically strong.

I am active.

I am a healthy eater.

I am living a healthy lifestyle.

I am demonstrating how to live healthily.

I am secure in my health.

I am disease-free.

I am going to the doctor regularly.

I am confident in what I put inside my body.

I am valuing my health.

I am taking care of my body.

I am investing in my health.

I am a conscious eater.

I am eating right.

I am a peaceful sleeper.

I am rested.

I am relaxed.

I am calm.

I am stress-free.

I am free of sickness.

I am living my life in abundant health.

I am living my best life now.

High Mood

I am in a high mood.
I am laughing the day away.
I am dancing the night away.
I am living healthily.
I am making the most of today.
Nothing can get in my way.
I am following my dreams.
I am accomplishing my goals.
I am doing something fun today.
I am doing something different today.
I choose myself first today.
I am a happy person today.
I am on top of the world today.
I am immune to negativity.
I am the best me today.
I am eating something different today.
I am in the best mood today.
I am having a successful day.

I am looking for the good in all situations today.

I am grateful for life today.

I am filled with gratitude.

I choose to be in a high mood when I don't feel like it.

High On Life

I am energized.

I am vibrant.

I am vital.

I am healthy.

I am bright.

I am chipper.

I am quick on my feet.

I am in shape.

I am powerful.

I am strong.

I am energetic.

I am active.

I am dynamic.

I am spirited.

I am light-hearted.

I am enjoying life.

I am refreshed.

I am alive.

I am well.

I am victorious.

I am a ray of sunshine.

I am positive.

I am grateful for all the good in my life.

I am enlightened.

I am new.

I am young.

I am youthful.

I am empowered.

I am loving.

I am fun.

I am enjoyable to be around.

I am magnetic.

I am a ball of energy.

I am fired up.

I am invigorated.

I am rested.

I am lively.

Hoarding

I have more than enough.

I am giving.

I have a big heart.

I am organized.

I am financially flourishing.

I have everything I need and desire.

I am good enough.

I am mentally healthy.

I am physically healthy.

I am emotionally healthy.

I let go of the past.

I live in the present.

I forgive those who have wronged me.

I only buy things I truly desire.

I take time to think about my purchases.

Hobbies

I have hobbies I can enjoy throughout life.
I consistently add new hobbies to my roster.
When I'm in a relationship, I maintain my hobbies.
Hobbies keep my grounded.
Hobbies help me maintain perspective.
Hobbies are my positive outlets.
Hobbies enhance my mental health.
Hobbies enhance my mental peace.
Hobbies enhance my creative intelligence.
Hobbies add happiness to my life.
I always have hobbies I can regularly engage in.
I know how to have fun with others and with myself.

Holidays

I enjoy the holidays.
I spend the holidays with enjoyable people.
I consistently enjoy the holidays.
I maintain low-stress levels around the holidays.
I don't overcommit to events during the holidays.
Holidays bring me joy.
Holidays bring me happiness.
Holidays put me in a good mood.
I make the most of the holidays.
I take time off from work around the holidays.
I give how I can during the holidays.
I am thankful I am alive.
I do not overspend my resources during the holidays.

Honesty

I am honest.

I am made of integrity.

I am straightforward.

I am confident.

I am assertive.

I am fearless.

I am bold.

I am empathetic.

I am strong.

I am truthful.

I am blunt.

I am transparent.

I am authentic.

I am real.

Hopeless

I dig deep within my soul for hope.
When I can't find hope, I create it.
My present circumstances will not destroy me.
I will remain positive that I have a certain future.
I will never give up on myself and those I love.
I will never allow my past to defeat me.
I will not allow sadness and depression to overtake my soul.
I am strong and courageous.
I will hold onto my life with all of my might.
I will hold my head up high even if it weighs a ton.
Hope and I are best friends; we are eternally interlocked.
Optimism will not destroy me, but make me stronger.
With fate and hope together, I find peace in the present
Hope surrounds me.
Hope has found me even when I lose it.
I am grateful for hope.
I am grateful that all is not lost.
Grace, favor, and mercy surround me wherever I go.

Humor

I enjoy making people laugh.

I make people feel comfortable around me.

I am easy to get along with.

I quickly make others smile.

I bring out the best in others.

I let others bring out the best in me.

I am adaptable.

I am mutable.

I am emotionally intelligent.

I am humorous.

I am funny.

Hurt

I comfort myself.

I choose to engage in healthy activities.

I am using my time productively.

I am not straying from my routine.

I forgive those who have hurt me.

I deal with the hurt feelings I have.

I let go of negative energy.

I am not bitter.

I speak well over those who have hurt me.

I maintain a high and healthy sense of self-respect.

I let go of the hurt feelings I have after I deal with them.

I Hate My Job

I am honest with myself.
I realize what I want.
I realize what I need.
I am not giving into societal pressures.
I am financially independent.
I am determined to figure out what my passion is.
I am thankful for my current job.
I am grateful I have the means to provide.
I am maximizing the opportunities at my job.
I am deciding whether to stay or go.
I am decisive.
I am focused.
I am determined to do what is best for me.
I am going to enjoy the opportunities I have now.
I am prepared for my next move.
I am not dependent on any employer.

I put my desires and needs before any company.

My happiness is a priority.

Identity

I am discovering who I am.

I am happy with who I am.

I am choosing who I develop into.

I am happy with who I am becoming.

I am making positive changes in my life.

I know who I am.

I do not let others define me.

I define myself.

I am my own person.

I am developing my own unique identity.

I engage in different activities to learn more about myself.

Incarceration

I am in control of my mind.

I am in control of my thoughts.

I am not defeated.

I am not forsaken.

I am loved.

I am protected.

I am creative.

I am thankful for life.

I am maximizing all opportunities going forward.

I am respectful to those wiser than me.

I am eager for wisdom, knowledge, & understanding.

I am priceless, invaluable, and worthy.

I am secure in myself.

I am not afraid to be alone.

I am free within my mind.

I take excellent care of myself.

I do not take life, myself, or others for granted.

I am resilient, courageous, and persistent.

I never cease believing in myself.
I help others in need.
I am a voice for the voiceless.
My heart and soul are whole.
Though, I am incarcerated, my strength is endless.
My past decisions do not define.
I am becoming healthier to attract healthier people.
I am deluged in God's favor, grace, mercy, and love.
No one can control my mind.

Indecision

I am decisive.

My mind is clarified.

My mind is lucid.

I think clearly.

I think accurately.

I am emotionally competent.

I am mentally competent.

I know myself.

I am confident in my decisions.

I am confident in my emotions.

I have a healthy intuition.

I am clear about what I want.

I am clear in my communication.

Infidelity

I am loved.

I am cared for.

I am good enough.

I am more than enough.

I see good in others.

I know how to trust others.

I am loveable.

I am loving.

I am honest.

I am faithful.

I am loyal.

I am confident.

I am secure.

I have a healthy relationship with myself.

I love myself.

I take excellent care of myself.

I am cherished.

I am respected.

I am valued.

I am treated kindly.

I treat others kindly.

My heart and soul are whole.

Insecure

I am secure.

I am confident.

I am comfortable in my skin.

I love myself.

I like myself.

I am comfortable being with myself.

I have a healthy relationship with myself.

I do not live by the thoughts of others.

I do not let the opinions of others drive my life.

I only portray my real self to others.

I am genuine.

I am unique.

I am comfortable with my imperfections.

I am beautiful.

I am loveable.

I am loving.

I am loved.

Interview

I always interview successfully.

I always interview seamlessly.

I am calm.

I am in control of my emotions.

I am optimistic.

I am prepared.

I am free of stress.

I am serene.

I am eloquent.

I am covered in favor.

I am seen in a favorable light.

I am well-liked.

I am having an enjoyable interview.

I am an expert at interviewing.

People find me interesting.

People want to know more about me.

People want me to work for their company.

I am highly desired in my field of work.

I am getting better offers than I imagined.

I only receive the best.

I am the best at what I do.

I am successful.

I am mentally healthy and strong.

I am physically healthy and strong.

I am emotionally healthy and strong.

Irritated

I am patient.

I am resilient.

I am slow to anger.

I do not get easily riled up.

I do let others get under my skin.

I am understanding.

I am a great listener.

I am an excellent empathizer.

Isolation

I get of my comfort zone.
I invest in quality relationships.
I invest in quality hobbies.
I invest in my mental health.
I invest in my physical health.
I workout in public spaces.
I initiate conversations at grocery stores.
I do not avoid talking to each person I encounter.
I am not leaving this world alone.
My world is filled with joy.
My world is filled with laughter.
My world is filled with good company.
I stay far from isolation unless I need a getaway.

Jail

I accept where I am.
I will practice meditation to get my through.
I am a master of my emotions.
I am choosing to make the most of this situation.
I do not live in darkness; I live in the light.
I am holding onto hope, faith, and love.
Jail will not define me for negative.
I still have so many things to be grateful for in here.
I will find a way to help others in need while I'm here.
Let everything I do come from love.
I love myself, so I can love others.
Great things are taking place in my life.
I am educating myself on all I can while I'm here.
I will come out of this facility a better person.
I will come out of this facility a healthier person.
I will come out of this facility more intelligent.
I will come out of this facility more patient.

I will come out of this facility more kind.

I will come out of this facility more stoic.

I will come out of this facility more wise.

I will come out of this facility more forgiving.

I will come out of this facility more generous,

I will come out of this facility highly favored.

I am empowered.

I am coming out of jail a better human being.

I will not be broken.

I will not be defeated.

Jealousy

I am happy for others.

I enjoy witnessing the success of others.

I give to others often.

I love seeing others do well in life.

I am successful.

I improve areas in my life I'm unsatisfied with.

I only wish good on others.

I have a big heart.

I am amiable.

I speak positively over others.

I care about others.

I am self-less.

I am kind.

I have a beautiful soul.

I have a positive mind.

I have an optimistic view on life.

Joint Pain

I have healthy joints.

I am pain-free.

I have a healthy body.

I have a strong body.

I consistently eat a nutritious diet.

I value my health.

I consistently invest in my health.

I exercise to strengthen my body.

Joy

I have joy in my heart.

I have joy in my spirit.

I have joy in my mind.

I have joy in my body.

I have joy in my soul.

I have joy in my eyes.

I have joy in my smile.

I have joy in the way I speak.

I have joy in my life.

I have joy in my voice.

I have joy in my attitude.

I have joy in my day.

I have joy in my present.

I have joy in my future.

Judgment

I stay in the judgment-free zone.

I do not judge others.

I do not unfairly judge others.

I am not prejudiced.

I am kind.

I am impartial.

I am fair.

I am just.

I am open-minded.

I am accepting.

I am imperfect.

I am trustworthy.

I accept all people.

I am in no position to judge others.

I am loved.

Kindness

I am kind.

I am giving.

I am a light.

I am helpful.

I am self-less.

I am used in positive ways.

I am generous.

I am hopeful.

I am encouraging.

I am people-oriented.

I am a positive voice.

I am being used in mighty ways.

I am living with purpose.

Laughter

I continuously find new ways to laugh.

I laugh often.

I watch comedies to laugh.

I learn or listen to jokes to laugh more.

I smile often.

I am happy.

I am content.

I am joyful.

I am jubilant.

I am humorous.

I am easily amused.

I am lightening up.

I am easy-going.

I am agreeable.

I am open-minded.

I am releasing unnecessary tension from my body.

I am stress-free.

I am light-hearted.

I am amiable.

People enjoy being around me.

Layoff (Fired)

I am valued.

I am resilient.

I am an overcomer.

I am productive.

I am wanted.

I am finding a new job in record time.

My next job is better than my current one.

I am receiving many opportunities daily.

Many doors are opening up for me.

I am favored.

I am well-liked.

My job does not define me.

I am mentally healthy.

I am emotionally well.

I have a high self-worth.

I speak well over past endeavors.

I do not harbor bitterness.

I am moving on productively.

I am bouncing back quickly.

All my needs are met to the fullest extent.

Laziness

I am productive.

I am hard-working.

I am diligent.

I am focused.

I am prolific.

I am hard-working.

I am talented.

I am useful.

I am living a purpose-filled life.

Left Out

I fit in with the right crowds.
I do not seek to fit in with everyone.
I do not seek acceptance from everyone.
I accept myself.
I enjoy my own company.
I ensure my relationships are genuine.
I enjoy the relationship I have with myself.
I am okay with being left out of the wrong crowd.
I am secure.
I am confident.
I am loved.
I am well-liked.
I am visible.
I am at peace with myself.

Life

I am invaluable.

I am unique.

I am one of a kind.

I realize all of the reasons I have to live.

I am living my life purposefully.

I am the driver of my life.

I am worth keeping alive.

I am living a life worth living.

I am mentally healthy.

I am emotionally healthy.

I am confident.

I am worthy of life.

I am excited about life.

I am valued.

I am worth it.

I am in love with myself.

I am loved.

I am lovable.

I am valuable.

I am valued.

I am not suicidal.

I am an overcomer.

I am a healthy individual.

I am resilient.

I am joyful.

I am seeking positive help.

I am involved in positive outlets.

I am content.

I am priceless.

Light-Hearted

I am fun

I am taking responsible risks.

I am free.

I am carefree.

I am stress-free.

I am humorous.

I am funny.

I am loveable.

I am easy-going.

I am enjoyable to be around.

I am likable.

I am entertaining.

I am positively amusing.

I am amiable.

I am joyous.

I am silly.

I am light-hearted.

I am daring.

I am confident.

I am bold.

I am a risktaker.

I am a light.

I am caring.

I am giving.

I am adventurous.

I am spontaneous.

I am creative.

Lost

I find myself even when I cannot see clearly.
I will see myself through this dark situation.
I will now allow myself to stay lost.
I am realizing my purpose and destiny.
I am found.
I am loved.
I am protected.
I have so much to live for.
Confusion does not make me.
Clarity is my dear friend.
When I feel lost, I pause and reflect.
When I feel lost, I remember my purpose.
When I feel lost, I think of those I love.
When I feel lost, I dig deep to find myself.
I will not forsake myself.
I will not give up on myself.
I am overcoming this state.
Life has found me alive, well, robust, and filled with vigor.

Low Mood

I am okay with feeling low at times.

I choose to look on the bright side.

I choose optimism.

I am engaging in positive activities today.

I am grateful for life.

I am grateful I woke up today.

I choose to be content.

I do not let my emotions run my life.

I am aware of how I feel at each moment.

Each day my best will be different.

I accept my low and high moments.

Meaning

I am living on purpose.

I am making purposeful decisions.

I am living an intentional life.

I am decisive.

I am certain.

I am who I am.

I am good enough.

I am enjoying my life.

I am doing things I want to do.

I am learning who I am.

I am on a positive life journey.

I am focused.

I am happy.

I am content.

I am beautiful the way I am.

I am living each of my days productively.

I am enjoying self-discovery.

I love who I am.

Meditation

I practice meditation daily.

I practice meditation throughout the day.

Meditation is an invaluable habit I practice.

I practice deep breathing throughout my day.

I practice sitting still throughout the day.

I am in control of my body.

I implement self-discipline with meditation.

Meditation is positive for me.

Meditation is healing to my soul.

Meditation is restorative to my body.

Meditation is clarifying to my mind.

Meditation is empowering to my spirit.

Meditation is a positive outlet for me.

I am thankful for meditation.

Mental Breakdown

I take deep breaths throughout the day.
I live a balanced lifestyle.
I am mentally healthy.
I am finding what makes me happy.
I am eliminating unhealthy people from my life.
I am eliminating unhealthy obligations.
I am living a healthy life.
I am physically healthy.
I am emotionally healthy.
I am letting go of past "mistakes."
I am worthy of good things.
I am worthy of good relationships.
I am finding my balance.
I am in a good space.
I am learning what my needs are.
I take positive action.
I execute healthy behaviors.

I am making life enjoyable for me.

I am optimistic.

I am taking time to get my head in a functional space.

Metabolism

I have a fast metabolism.

I digest food healthily.

I digest food speedily.

I have a healthy digestive system.

I intake quality foods overall.

I am full of energy.

I have a bounce in my step.

I maintain mental clarity.

I am a healthy weight.

I enjoy the foods I eat.

My body remains in equilibrium.

My body functions at optimal levels.

Middle Child

I am valued.

I belong.

I am good enough.

I make the best of all situations.

I am strong.

I am mentally strong.

I am emotionally strong.

I am free of bitterness.

I am loving.

I am forgiving.

I am independent.

I let go easily.

I love easily.

I am open-minded.

I am selfless.

I am visible.

Mindful

I am calm.

I am serene.

I have a beautiful soul.

I have a beautiful mind.

I am in control of my thoughts.

I am patient.

I am kind.

I am tranquil.

I am still.

I am mindful.

I am at peace.

I am content.

My mind is quiet.

Minimalism

I only keep things that I use.

Each thing that I have brings joy into my life.

I think before I buy.

I save more than I spend.

I am humble.

I do not live beyond my means.

I keep my residence tidy.

I keep my space tidy.

I am grateful for all I have.

I do not buy to impress.

Mistakes

I will not allow my "mistakes" to define me.
My "mistakes" are refining me.
I learn from my past decisions immediately.
I am wise beyond my years.
I do not allow my past to overtake my present.
I do not allow my past to lead me down a dark path.
I am an overcomer.
I am a winner.
I am getting another chance.
I do not take additional chances for granted.
I am thankful that I can make a new decision.
I can decide who I want to be today and going forward.
Life will not bring me down.
Poor decisions will never defeat me.
I will determine who I am going forward.
Clarity surrounds me.
I make better decisions when my mind is clear.
I sleep soundly and peacefully.

I let go of everything that no longer serves me well.
I let go of everyone that no longer serves me well.
I am making better decisions every single day.
The decisions I make now will shape my future.
I implement self-discipline into all areas of my life.
Self-discipline helps me make wiser decisions.
Mistakes will be made, but mistakes will not break me.
I am the person I decide to be.
No one can tell me who I am.
I will not allow my past to tell me who I will be.

Motivated

I am motivated.

I am self-motivated.

I am inspired.

I am determined.

I am focused.

I am diligent.

I am persistent.

I am resilient.

I never give up.

I never give in.

I reach for the sky.

I am productive.

I am strategic.

I am open-minded.

I am creative.

I love myself.

I am a winner.

I am a champion.

I am on top.

I consistently challenge myself.

I consistently set goals for myself.

I consistently become the best version of me.

Nervous

I am calm.

I am in control of my emotions.

I am nerveless.

I am collected.

I am relaxed.

I am flawless.

I am eloquent.

I have a healthy digestion.

I am bold.

I am confident.

I am assertive.

I am fearless.

I am an overcomer.

I am resilient.

I am easy-going.

New Year's

I am living my best year yet.

I am making the most out of this year.

I am not going to procrastinate on my goals.

I am living productively this year.

I commit never to give up.

I am making daily progress on my goals.

I am thankful I made it another year.

I am thankful I have today to live again.

I am celebrating where I've come from.

I am celebrating where I'm going.

I am following through on my aspirations.

I am self-disciplined.

I am self-motivated.

I am the best version of myself.

I am having a blessed New Year.

I am having a joyful New Year.

I am having a New Year filled with growth.

I am having a favored New Year.

I am having a New Year filled with laughter.

Nightmares

I sleep peacefully.
I sleep soundly.
My sleep is healthy.
My dreams are peaceful
My dreams are beautiful.
I enter REM sleep every night.
Before I sleep, I practice deep breathing.
I am in a state of equilibrium as I rest and recover.
My body completes the healing process each rest.
I am thankful for quality sleep.
I think of positive thoughts before I sleep.
In my dreams, I come up with creative solutions.
My dreams provide answers to unanswered questions.
Nothing can disturb my sleep.
No one can disturb my sleep.
My sleep time is quality time with self.
I release all negativity from my body.
I release all negativity from my soul.
I release all negativity from my mind.
I release all negativity from my life.

I release all negativity from my thoughts.
I release all negativity from my heart.
Positivity infiltrates my mind, body, and soul while I rest.

Nostalgia

I live in the moment.
I stay present.
I am grateful for the past, but I live for today.
I do not let emotions get in the way of life today.
I do not let feelings get in the way of living life.
I develop new and productive relationships.
Once I move on, I move on.
I realize there is a time for everyone.
I realize there is a time for everything.
I realize that my time is now.
This moment is all I have.
I am taking advantage of the life in front of me.
I am thankful for those who were a part of my life.

Obesity

I am a healthy weight.

I choose to make healthy choices with food.

I am not addicted to food.

I am not addicted to sugary drinks.

I am not addicted to overeating.

I am not addicted to sweets.

I am not addicted to fast food.

I am not an emotional eater.

I am not a stress eater.

I thrive when I eat healthily.

I easily maintain a healthy weight.

I stay on track health-wise.

I am self-motivated.

I am self-disciplined.

I am determined.

I am focused.

I see myself at a healthy weight.

I value my body.

I value my health.

One-Shot At Life

I realize I have one shot at life.
I realize I have one life to live.
I am making the most of my time on earth.
I am living life to the fullest.
I am investing in things that matter to me.
I am choosing to be my happiest self.
I do not make wasting time a habit.
I am deleting unhealthy people from my life.
I am deleting unhealthy activities in my life.
I am deleting unhappiness from my life.
I am deleting procrastination from my life.
I am deleting unhealthy habits from my life.
I am deleting feelings of regret from my life.
I am going after my dreams consistently.
I am choosing to be less stressed.
If I want something, I go for it.
I do not hesitate for excellent opportunities.
I'm making the most of my one shot at life.

Optimism

I am optimistic.

I am vibrant.

I have a positive attitude.

I maintain a positive outlook on life.

I am encouraged.

I encourage others.

I choose the high road.

I am thankful for all of the good in my life.

I am grateful for life.

I am gleeful.

My emotions do not rule me.

Organized

I am clean.

I am clutter-free.

I am a minimalist.

I am organized.

I am responsible.

I am living my life in order.

I am taking care of my responsibilities.

I am mindful of my time.

I am productive.

I am structured.

I am neat.

I am tidy.

I am purposeful.

I am fresh.

I am sanitary.

I am clear.

I am lucid.

I am hygienic.

Overweight

I am in control of my weight.

I am in control of my eating habits.

I am in control of my decisions.

I make healthy decisions for my health.

I eat healthily.

I eat in moderation.

I manage my weight.

I have a healthy relationship with food.

I am choosing the way I lead my life.

Overwhelm

I am in control of my life.

I am in control of my time.

I am organized.

I have excellent time management skills.

I use my time wisely.

I have a calm demeanor.

I plan.

I do not overbook myself.

I respect others' time.

I maintain equilibrium in all areas of my life.

I listen to my body.

I listen to my heart.

I listen to my soul.

I listen to my mind.

I get away from everything when needed.

I maintain a low tolerance for unhealthy stress.

Pain

I am free of all pain.

I am free of bodily pain.

I am free of emotional pain.

I am free of physical pain.

I am free of mental pain.

I am free of sexual pain.

I am free of any suffering.

I am free of heartache.

I am pain-free.

I am holistically healthy.

I am taking care of me.

I am getting the help I need.

I am putting myself first.

I speak health over myself.

I speak strength over myself.

I speak resilience over myself.

I speak determination over myself.

I am on top.

Parental Forgiveness

I have the best relationship I can with my parents.
I let go of any pain my parents caused me.
I let go of any parental decisions that hurt me.
I love my parents the way I can.
I let go of any bitterness felt towards my parents.
I am free to be me.
I am my own person.
I love others the best I can.
I do not let the past determine my future.
I forgive my parents of any wrong towards me.
I create my own identity.
I never try to change my parents.
I have healthy relationships.

Patience

I am patient.

I am understanding.

I am empathetic.

I am sympathetic.

I am kind.

I am gentle.

I am emotionally well.

I am mentally well.

I am spiritually well.

I am balanced.

I am free of stress.

I invest in my self-care.

I invest in my holistic health.

I am untroubled.

I am relaxed.

I am cool.

I am stable.

I am steady.

Pessimism

I have a positive outlook on life.
I listen to positive things.
I surround myself with positive people.
I have a positive attitude.
I maintain realistic expectations with positivity.
I am flourishing in life.
I have so many things to be grateful for.
I look for things to be grateful for often.
I am an optimist.
I am a realist with a positive spin.
I am open-minded.
I expect the best outcome.
I am always prepared.
I take the high-road.
I look for the positive in everything.
People enjoy being around me.
I am an encouragement to others.

Pets

I love my [pet].

I take care of my [pet].

I invest in my [pet].

My [pet] is healthy.

My [pet] is kind to me.

My [pet] is protective of me.

My [pet] unconditionally loves me.

My [pet] is respectful.

My [pet] is living a long and healthy life.

I am thankful for my [pet].

*Insert the type of pet(s) you have into "[pet]."

Physical Abuse

I choose to love myself.

I choose to love others.

I choose to find the good within myself.

I choose to find the good within others.

I choose to value myself.

I choose to value others.

I choose to forgive myself.

I choose to forgive others.

I choose to be patient with myself.

I choose to be patient with others.

I choose to be productive with my emotions.

I choose to use my emotions for good.

I choose to be kind to myself.

I choose to be kind to others.

Positive Outlets

I maintain positive outlets at all times.
I never compromise my positive outlets.
I create and add new positive outlets.
Positive outlets keep me productive in life.
Positive outlets help me stay focused.
Positive outlets enhance my mental health.
I love myself enough to maintain positive outlets.

Positive outlets prevent me from making poor decisions.

I never compromise my positive outlets for unhealthy behaviors.

I do not compromise my positive outlets for unhealthy people.

Poverty

I have a wealthy mindset.

I am financially independent.

I am financially flourishing.

I am debt-free.

I have a positive net-worth.

I am a slave to no one or nothing.

I have more than enough.

I do not make financial decisions based on fear.

I am educating myself financially.

I consistently invest in my financial well-being.

Prejudice

I am flexible.

I am adaptable.

I am mutable.

I am open to learning.

I am not prejudiced against others.

I am open to new ways of thinking.

I let go of any hatred towards others.

I choose to educate myself about others.

I do not limit myself by being prejudice.

I challenge any close-minded ways of thinking.

I choose to approach people with an open mind.

Present

I'm enjoying the moment.
I'm staying present.
I'm thankful for life.
I'm thankful I'm alive.
I see beauty all around me.
I make it a habit to stop everything and breathe.
I'm self-aware.
I maintain a healthy mental state.
I maintain emotional balance.
I am present.
I live in the moment.
I keep my focus on right now.

Pride (Ego)

I am letting go of my pride.

I do not let my ego get in the way.

I am not egotistical.

I am humble.

I am open-minded.

I do not force my opinion on others.

I am selfless.

I am considerate of others.

I actively listen to others when they speak to me.

Procrastination

I am productive.

I am a doer.

I am a go-getter.

I am diligent.

I am focused.

I am organized.

I am decisive.

I don’t wait for others to make decisions for me.

I don’t leave my life up to chance.

Racism

I love all people.

I am open-minded.

I give love when I receive hate.

I give love when I'm shown ignorance.

I do not demonstrate hate toward any race.

I work to understand others.

I challenge biases and stereotypes.

I do not let racism against me paralyze me.

I am not prejudiced towards others.

I am not racist towards others.

I do not limit others by stereotyping them.

Reflection

I spend honest time in reflection.
I ponder my life and notice little and big things.
I enjoy spending time daily in reflection.
"Who am I?" is a question I reflect on often.
Reflection is a catalyst for positive change.
Reflection is a catalyst for healing.
I am fond of peace and quiet.
I am comfortable with silence.
I am comfortable being alone.
I enjoy my company in the quiet.
Tranquility and serenity I hold dear.
With reflection, I grow.
With reflection I grow to love myself.
With reflection comes more clarity.
Reflecting is clarifying to my soul, body, spirit, heart, and mind.
Reflection is a daily habit for me.
I do not sacrifice moments of reflection for anything or anyone.

Regret

I live without regrets.
I forgive myself for any time I wasted.
I forgive myself of everything.
I let go of regret.
I let go of the pain.
I let go of any harm that was done to me.
I let go of the hurt that I felt from others.
I am living my life on purpose.
I am pushing my limits.
I choose to live today.
I choose to focus on the present.
I have a bright future.
I consistently make healthy decisions.
I consistently make productive decisions.
I am living to my fullest potential from this day forward.
I forgive myself for any decisions that weren't the best.
I forgive myself for not taking advantage of opportunities.

Rejected

I am loved.

I am loveable.

I am loving towards others.

I am loving towards myself.

I love myself.

I have a healthy relationship with myself.

I am special.

I am one of a kind.

I am unique.

I am blessed.

I am favored.

I am accepted.

I am amiable.

I am well-liked by others.

I am wanted.

I am cherished.

I have genuine relationships.

I am genuine toward others.

I am forgiving of myself.

I live without regret.

I am powerful beyond measure.

I am capable of whatever I put my mind to.

Relationship Addiction

I let go of my addiction to relationships.
I seek help when I fall back into toxic patterns.
I avoid toxic people.
I know how to be alone.
I enjoy my company.
Being single is a gift.
In my singleness, I find myself.
I do not need to be with someone to survive.
I can survive on my own.
I do not allow myself to **need** a relationship.
I do not subject myself to unhealthy relationships.
I do not allow myself to date anyone.
I have standards that I hold dear.
I will not allow myself to never have alone time.
I can stand on my own two feet.
I release codependent habits and thoughts.
I release codependent relationships.
I am giving myself time to heal on my own.

I don't need to jump into relationships back-to-back.

My relationships define me; so I am cautious about the relationships I keep and invest time into.

I avoid dating people with dangerous habits, behaviors, and words. People with dangerous patterns often hurt others and those they associate with.

Relax

I am relaxed.

I am calm.

I am at ease.

I am free of stress.

I am not rushed.

I am happy.

I am peaceful.

I am serene.

I am still.

I am tranquil.

I am harmonious.

I am smooth.

I am restful.

I am soothing.

I am organized.

I am patient.

I am forgiving.

I am kind.

I am secure.

I am self-aware.

I am honest.

I am sure of myself.

I am maintaining healthy boundaries.

Nothing can take my peace away.

My mind is serene.

My body is filled with tranquility.

My soul is still.

My breathing is healthy.

My blood pressure is normal.

My body is healthy.

My body is strong.

Residence

I take care of my residence.
I value the way my space looks.
If I don't like my home, I make changes to it.
If my home is filthy, I take time to get it cleaned.
If I'm not in my dream home, I'm saving for it.
I can afford a quality home.
I can afford to take care of my home.
My home isn't consuming all of my resources.
My home is my happy place.
My home is my safe place.
I am careful of who I bring into my home.
I choose to make the most of my current home.

Retirement

I am planning for retirement.

I value my financial future.

I am a saver.

I am an intelligent investor.

I invest in my financial education.

I choose to save 10% or more of my income.

I choose to be financially disciplined.

I am consistently learning about money.

I do not fear I won't have enough for retirement.

I am responsible with my money.

I maximize the utilization of my resources.

Revenge

I am forgiving.

I am giving.

I am kind-hearted.

I am light-hearted.

I have a beautiful life to live.

I am optimistic.

I am a positive person.

I think and feel positive towards others.

I am a good person.

I let go of the past.

I let go of past hurts.

I let go of past betrayal.

I am forgiving of myself.

Road Rage

I am an excellent driver.

I am a patient driver.

I am a kind driver.

I am a safe driver.

I am a skilled driver.

I am an alert driver.

I am not an emotional driver.

I am slow to anger when I drive.

Romance Addiction

I have a healthy perspective on love.

I have reasonable expectations of love.

I live in reality.

I do not define love based on movies.

I have healthy expectations for love.

I challenge the status quo.

I stay present.

I expect the best.

I take time to get to know a potential partner.

I do not rush into relationships.

I do not make decisions without thinking first.

I do not ignore red flags.

I remain level-headed in new relationships.

I do not let my feelings spiral out of control.

I am happy with myself.

I am thankful if I don't have a partner.

I am thankful if I do have a partner.

My happiness is not based on anyone else.

My happiness comes from within.
I create my own definition of a healthy relationship.

Romantic Relationships

I am experiencing true love.

I am experiencing healthy relationships.

I am loving.

I am loveable.

I am loved.

I am in love with my partner.

I am affirming to my partner.

I am giving to myself.

I am giving to my partner.

I am selfless.

I am thoughtful.

I am patient.

I am kind.

I am committed.

I am loyal.

I am faithful.

I am thankful for my partner.

Sadness

I am thankful.

I am grateful.

I am blessed.

I am good enough.

I am content.

I am happy.

I am decisive.

I am valuable.

I am valued.

I am special.

I am unique.

I am peaceful.

I am healthy emotionally.

I am healthy mentally.

I am healthy physically.

I am healthy spiritually.

I am making progress in life.

I am magnificent.

I am creative.

I am worthy.

I am alive.

I am well.

I am certain.

I am active.

I am productive.

I am resilient.

I am thinking clearly.

I am relaxed.

I am calm.

I am meditative.

I am motivated.

Safe Sex

I engage in healthy sexual activities.

I value my sexual health.

I make wise decisions with my body.

I value myself.

I have a high self-worth.

I have a high self-respect.

I respect others health and well-being.

I respect my health and well-being.

I do not make decisions solely based on emotion.

I think before I act.

I always keep in mind my goals and dreams.

I am cautious about who I share my body with.

I do not owe anyone anything.

Savings

I consistently put aside money.

I value my financial health.

I save for my future.

I save before I spend.

I invest in my future before I spend.

I think before I buy.

I enjoy saving money.

I do not spend my savings.

I do not go on shopping sprees I can't afford.

I plan for my future.

School

I am smart.

I am intelligent.

I am a quick learner.

I am studious.

I am diligent.

I am focused.

I am thriving in all of my classes.

I have favor with all my professors and teachers.

I am resilient.

I keep the end game in mind.

I maintain excellent grades.

I am mentally strong.

I am emotionally strong.

I am flourishing mentally.

I easily retain relevant information.

Self-Care

I consistently take care of myself.
I take care of myself mentally.
I take care of myself emotionally.
I take care of myself physically.
I take care of myself financially.
I take care of myself spiritually.
I take care of myself first.
I put myself first.
I rest when I need to.
I take off work when I need to.
I am responsible for my health.
I consistently invest in my health.
I consistently make wise choices with my body.
I take my sexual health seriously.
I take self-care seriously.

Self-Conscious

I am confident.

I am secure.

My confidence comes from within.

I do not seek approval from others.

Opinions of others do not form my identity.

I am comfortable with myself in public.

I project confidence.

I am assertive with everyone.

I am comfortable in my skin.

I am more than enough.

Self-Forgiveness

I live without regrets.
Today, I choose to love myself.
Today, I choose to like myself.
Today, I choose to be my biggest fan.
Today, I choose to be comfortable in my skin.
Today, I choose to be secure from within.
I let go of the past.
I live in the present.
I make the most out of the present moment.
I am not sorry for myself.
I am my biggest motivator.
I find more things to love about myself daily.
I forgive myself for the pain I have caused others. I forgive myself for the pain I have caused myself.
I forgive myself for less desirable decisions I made.

Self-Growth

Constant-improvement is my middle name.
I never stay the same.
I never become stagnant.
I educate myself daily.
I read consistently.
I value my personal growth.
I invest in my personal growth.
I value my professional growth.
I invest in my professional growth.
I get better every single day.
I don't repeat the same mistakes.
I am productive.
I take responsibility for myself.
I take responsibility for my past decisions.
I take responsibility for my present decisions.
I maintain elevated levels of thinking.
I surround myself with people who challenge me.

I surround myself with people who motivate me.

I surround myself with others who encourage me.

I am self-motivated.

I am disciplined.

Self-Reliance

I am independent.
I can rely on myself.
I do not have an imbalanced reliance on others.
I am responsible.
I support myself.
I support myself well-enough to support others.
I am self-reliant.
I am self-sufficient.
I am resourceful.
I know how to make lemonade out of lemons.
I am successful in my own right.
I am strong.
I am okay with myself.
I like myself.
I love myself.
I have a healthy relationship with myself.

I do not use guilt to receive help from others.

Self-Respect

I treat others kindly.

I treat myself kind.

I respect myself.

I respect others.

I take pride in my holistic health.

I invest consistently in myself.

I invest in others.

I am supportive of myself.

I am forgiving to myself.

I let myself make mistakes.

I learn from my mistakes.

I am resilient.

I am not a failure.

I am successful.

I deserve greatness in my life.

I deserve great people in my life.

I am worthy of good.

I am worthy of healthy relationships.

I am more than good enough.

I am special.

I am unique.

There is no one like me.

I don't keep unhealthy people close to me.

I maintain healthy boundaries.

I let go of consistently hurtful people.

Self-Value

I am valuable.

I am worthy.

I am confident.

I am more than good enough.

I am loved.

I am loveable.

I am loving.

I am desired.

I am perfect.

I am likable.

I am a healthy person.

I am not alone.

I am supported.

I am respectable.

I am a great looking person.

I am wanted.

I am heard.

I am visible.

Selfishness

I am giving.

I am loving.

I am kind.

I am thoughtful of others.

I am selfless.

I am empathetic.

I am sympathetic.

I am generous.

I go out of my way for others.

I am considerate of others.

I give often.

Senses & Capabilities

I am grateful for my hearing.
I am grateful for my sight.
I am grateful that I can feel.
I am grateful that I can taste.
I am grateful that I can control my movement.
I am grateful that I can get myself dressed daily.
I am grateful that I can drive myself to places.
I am grateful I can walk down the street.
I am grateful that I have clean water to drink.
I am grateful I have internal freedom.
I am grateful that I can exercise.
I am grateful that I have independence.
I am grateful for all the good in my life.
I am grateful that I do not take things for granted.
I am grateful that I am fully capable of anything.

Shopaholic

I am addicted to nothing.

I am in control of my life.

I am in control of my decisions.

I am spending less than I earn.

I do not buy an abundance of unnecessary items.

I only buy what I need.

I only buy what I truly desire.

I am not an impulsive buyer.

I think before I spend.

I think before I invest my time in any activity.

No "thing" can make me whole.

Things do not fulfill me.

I have inner peace.

I am whole.

Things do not define me.

I reflect on learning the root cause of negative behaviors.

Sickness

I am healthy.

I have vigor.

I am strong.

I experience perfect health.

I am at 100%.

I feel vitality running through my body.

My health improves daily.

I grow stronger by day.

I am completely healed.

I am grateful for my healing.

Skepticism

I have a healthy level of skepticism.

I am open-minded.

I am open to hearing other's opinions.

I trust the right people.

I make healthy decisions.

I am not overly introverted.

I have a likable personality.

I am not judgmental.

I am not critical of others.

I am accepting.

I make reasonable decisions.

I am wise.

Skin

I have healthy skin.

My skin is glowing.

My skin is flawless.

My skin is soft.

My skin is beautiful.

My skin is even-toned.

My skin is smooth.

I love my skin.

I have attractive skin.

Sleep

I sleep well every night.

I am stress-free.

My dreams are peaceful.

I am rested.

I wake up rested each day.

My body temperature is comfortable.

My body relaxes easily.

My mind is free of negative thoughts.

I am free of anxiety.

I am free of insomnia.

I have a healthy mind.

I have a healthy body.

I have a healthy emotional state.

I am balanced.

I stretch each day to relieve tension in my body.

I educate myself on healthy-natural sleep aids.

Smart

I am intelligent.

I am smart.

I am enlightened.

I am sharp.

I am creative.

I am a genius.

I am studious.

I am focused.

I am wise.

I am knowledgeable.

I am brilliant.

I am witty.

I am clever.

I am astute.

I am diligent.

I am sagacious.

I am imaginative.

I am discerning.

I am clear.

I am resourceful.

I am articulate.

I am an excellent communicator.

I am decisive.

I am a quick decision-maker.

I am bright.

I am inventive.

Social Anxiety

I flourish socially.

I am skilled at socializing.

I am an excellent communicator.

I am amiable.

People like conversing with me.

I am loveable.

I am curious.

I am interesting.

I am a great conversationalist.

I am calm.

I am confident.

I am assertive.

I am an initiator.

I make others feel comfortable.

I am mentally stable.

I am emotionally stable.

I am emotionally intelligent.

I am good with people.

Social Media Addiction

I am genuine.

I invest in healthy relationships.

I invest in genuine relationships.

I enjoy in-person relationships.

I know how to communicate in-person.

I establish my own identity.

I do not conform to society.

I set healthy boundaries with social media.

I utilize social media efficiently.

I manage my time wisely.

I do not overprioritize social media.

I don't center my identity around social media.

I am not addicted to social media.

Solitude

I enjoy being alone.
I enjoy solitude.
I love myself and my company.
I am comfortable doing activities alone.
I am comfortable being seen in public alone.
I am comfortable spending nights alone.
I am comfortable eating alone.
I am comfortable in my presence.
I do not hate myself; I love myself unconditionally.
Solitude is a gift.
I cherish every moment of solitude I have.
In my solitude, I find freedom.
I can be myself with myself.
Solitude is beautiful.
Solitude is invaluable.
Solitude is a gift I shall never take for granted.
I do not need to always be around people.

I do not need to be around toxic people.
I release people who add toxicity to my life.
I am careful about the people I allow into my life.
Relationships either elevate or de-elevate.
In my solitude I learn what matters most to me.

Special

I'm worth it.

I'm one of a kind.

I'm blessed.

No one can fill my shoes.

No one can execute my purpose.

There is no one like me.

I am me.

I am special.

I am worthy of the best.

I am a winner.

I am resilient.

I am visible.

I never give up on myself.

I consistently invest in myself.

I love myself.

Spiteful

I let go of negative energy.

I let go of negative feelings.

I let go of negative thoughts.

I let go of negative relationships.

I let go of negative behaviors.

I let go of negative habits.

I speak healing over my soul.

I forgive those who have harmed me.

I forgive those who have hurt me.

I forgive myself for any harm I have caused.

I forgive myself for any person I hurt.

I give love and expect nothing back.

I give openly.

I maintain healthy boundaries in relationships.

I do not over give to others.

I do not gossip about others.

Spotlight

I do not seek attention to fill a void.

I am not addicted to attention.

I am secure within myself.

I am emotionally healthy.

I enjoy healthy attention.

I have high self-esteem.

I am mentally healthy.

I am sure of myself.

I validate myself.

I affirm myself.

Stifling Romance

I have a healthy romantic relationship.

I am dealing with issues in my relationship.

I communicate clearly with my partner.

I deal with conflict head-on.

I actively listen to my partner.

I am supportive of my partner.

I keep myself physically clean and in shape.

I value self-care.

I take great care of myself holistically.

I am positive about my partner.

I am positive about myself.

I am thankful for my relationship.

I am finding new activities for us to do.

I am having fun in my relationship.

I am laughing in my relationship.

I am traveling to new places with my partner.

I try new foods with my partner.

I am open-minded.

I keep things interesting.

I find things to be grateful for in my partner daily.

Stoicism

I accept my fate.

I choose to love my fate and maximize it at total capacity.

I am creating opportunities for myself by unlocking my untapped potential.

Life is working out for me most exceptionally.

I choose to focus on the good parts of my life.

I choose to focus not on my mistakes but on how I can change most positively now.

I let go of everything and everyone weighing me down into suffocation.

I will not allow my past circumstances to determine my ultimate outcome.

Everything is working as it should in my life; I am trusting the process—wholeheartedly.

I remember to execute everything I do out of a state of love and wisdom.

I will not be defeated by my demons, my past, or the shortcomings of human nature.

Today, I define who I will be tomorrow.

Today, I will make effective decisions that create a better future self.

Today, I choose freedom because I have one thing consistently: my mind.

Today, I shall practice stoicism in all situations—when it's easy and near impossible.

Today, I will utilize my mind for good.

Today is another day for me to move differently through life.

Today is another shot for me to implement the lessons I need to learn.

Today, I will not be defeated by my weaknesses.

Today, I will accept myself, love myself, forgive myself, and practice the same towards others.

Today, I have another chance, which I will **not** waste.

I am consistently practicing how to master my emotions.

I will run this race of life, and if I grow weary, I will stand up because I know my strength runs as deep as an endless well.

Nothing is either good or bad. Everything is a matter of interpretation.

Stressed Out

I put my health first.
I value my sanity.
I never commit to more than I can handle.
I am taking a break from everything.
I take regular vacations.
I take consistent “me” time.
I maintain a low tolerance for unhealthy stress.
I take a step back to find inner peace.
I rarely get stressed out.
I maintain inner peace.
I maintain a healthy perspective on life.
I maintain an optimistic perspective on life.
I maintain a positive perspective on life.
I approach everything with gratitude.
Today I choose to be grateful.
I get away from my routine to gain perspective.

I am getting away from everything when I need to.

Struggle

I am not addicted to struggle.
I do not have to do it all on my own.
I am making wise decisions.
I do not make myself work harder than needed.
I am a smart worker.
I do not try to keep up with the Joneses.
I am secure from within.
My confidence comes from within.
I am financially independent.
I choose to get help when I need it.
I ask for help when I need it.
I am not overly prideful.
I am not insecure.
I am free of struggle.

Student Loans

I can pay off my student loans.

I do not struggle to make my payments.

I am never late on my payments.

I am excellent with my money.

I am resourceful.

I am responsible with my money.

I cut out expenses I don't need.

I pay extra on my student loan payments.

I am paying off my student loans early.

Success

Success looks different for me.

I create my own definition of success.

I have goals that I consistently aim for.

I am my own version of success.

I am driven.

I review my goals daily.

I am content on my journey of success.

I do not live in discontentment.

I am living my life fully now.

I am present.

I am grateful for all I have right now.

I am grateful for who I am right now.

I am enjoying my journey.

I am living out my purpose.

Sugar Addiction

I feed my body with wholesome foods.
I feed my body with healthy-delightful foods.
I respect my body.
I respect my health.
I respect my mind.
I respect my mental clarity.
I maintain control over my choices.
I do not let myself succumb to addictions.
I intake less healthy foods in moderation.
I am in control of my thoughts.
I do not let my feelings rule my life.
I am not an addict of sugar.
I am free of harmful behaviors.
I care about what I consistently put in my body.
I make healthy and holistic decisions for me.
I take care of me for me.
I have a high self-worth.

I am good enough.

My efforts to be healthy are consistent.

My efforts to be healthy are successful.

Suicidal

I am seeking help immediately.

My life is worth living.

Nothing can break me.

I am worthy of life.

I am free to be me.

I am not a quitter.

I do not let others negatively influence me.

I am stronger than I think.

I am powerful.

I am emotionally healthy.

I am mentally healthy.

I am resilient.

I am an overcomer.

I am more than enough.

I am great enough.

I am one of a kind.

I am okay to be myself.

I have nothing to prove to anyone.

I let go of unhealthy pressures.

I live my life for me.

I do not live to impress others.

I love myself.

I am in love with myself.

I like me.

Thanksgiving

I am grateful for each person in my life.
I am grateful that I am alive today.
I am grateful that I can read.
I am grateful for the food I have.
I am grateful for the love I have for myself.
I am grateful for another Thanksgiving.
I am grateful that I can give to others.
I am grateful that I can be a blessing to others.
I am grateful for all of my blessings.
I am grateful for all the trials I made it through.
I am grateful for all setbacks I've recovered from.
I am grateful for today.

The Pressure to Be Perfect

I realize that perfection is abstract.
I don't need to live up to anyone's expectations.
I set reasonable expectations for myself.
Everyone has imperfections.
I am my own person.
I go after what I want to go after.
I do not have to prove anything to anyone.
I do not put unnecessary pressure on myself.
I am kind to myself.
I am forgiving to myself.
I am reasonable with myself.
I set reasonable goals.
I am understanding to myself.
I don't have to be perfect.

Thoughtful

I think of the well-being of others often.

I put others before myself at the right times.

I am a consistently thoughtful person.

I think of others.

I am kind.

I am giving.

I am empathetic.

I am sympathetic.

I am concerned with the well-fare of others.

I constantly help others.

I am self-aware.

I love myself enough to love others.

I give healthy love to others.

I support others.

I let others lean on me.

Trials

I'm getting through this.
I'm learning from unproductive decisions.
I'm learning from unfruitful decisions I've made.
I'm constantly learning.
I'm constantly improving.
I find the positive in this situation.
I'm grateful for the good.
I'm accepting what is.
I have a reliable support system.
I am building a stronger support system.
Nevertheless, I am blessed.
I can get through any trial.
I am strong.
I am emotionally strong.
I am strong-willed.
I am mentally powerful.
My spirit is strong.

My soul is alive.

Nevertheless, I will thrive.

I am consistently moving forward.

I live without regret.

I love without regret.

I forgive myself of decisions that held me back.

I love myself.

I'm keeping my head up.

I'm going to dance in this rain!

TV Addict

I pay now so I can play later.

I do not procrastinate on my goals.

I do not procrastinate with my responsibilities.

I do not spend most of my time watching TV.

I watch TV in moderation.

I have a life of my own.

I have productive hobbies I engage in.

Ugly Days

I am beautiful.

I am flawless.

I am attractive.

I am alluring.

I am interesting.

I am perfect.

I am favored.

I am joyful.

I am grateful.

I am bright.

I am a light.

I am kind to myself.

I am kind to others.

I like myself.

I love myself.

I admire myself.

I invest in myself.

I am giving.

I am going to make the most out of today!

Unappreciated

I appreciate myself.

I celebrate myself.

I celebrate others.

I appreciate others.

I communicate my feelings clearly.

I own my feelings.

I own my thoughts.

I own my behavior.

I treat others how I want to be treated.

I am giving.

I give to others often.

I have healthy boundaries.

I have high self-respect.

I have high respect for others.

Upgrade Addiction

I am satisfied with the things I have now.
I choose to be grateful for the people in my life.
I am grateful for the place I live in now.
I am grateful for the car I drive now.
I am grateful for the phone I have now.
I am grateful for any technology I have now.
I am grateful for the clothes I have now.
I am grateful for where I am at in life right now.
I am not addicted to upgrading my life.
I find peace in the intangible things of life.
I know that things will never make me happy.
I never go into debt to appear relevant.

Upset Stomach

I am healed.

My stomach is healed.

My mind is calm.

My body is positive.

My digestive system is healthy.

I am taking time to breathe.

I am feeling better.

I am healthy.

I am free of sickness.

I am free of pain.

I am free of anxiety.

I am free of nervousness.

I am free of negativity.

My nerves are calm.

My mind is strong.

I am taking time to heal.

I am taking time for me.

Vacation (Getaway)

I take vacations to rejuvenate myself.
I take time to get away from everything.
I take time for me.
I take mental health days.
I take days off from work when I need to.
I take days off from work when I don't need to.
I value my health over work.
I value my sanity over work.
I am not a workaholic.
I consistently incorporate healthy habits.
I do not spend more money than I have on trips.
I plan so I can take care of me.
I do not feel guilty when I take vacations.
I save up ahead of time so that I can take a vacation.

Wisdom

I am wise beyond my years.

I expertly implement knowledge.

I am intelligent.

I am a genius.

I think before I act.

I think before I speak.

I am not talkative.

I do not speak more than necessary.

I am careful with my thoughts.

I am careful with my words.

I am careful of who my close friends are.

I am careful of who I get close to.

I am careful of who I allow in my life.

I am careful of who I give my time to.

I am careful of what I invest my time in.

Wishing-Syndrome

I am an active dreamer.

I act on what I wish to accomplish.

I am not a sitting dreamer.

I am not lazy.

I am active.

I am productive.

I am favored.

I am blessed.

I am capable of whatever I put my mind to.

I am capable of anything.

I consistently reach for the stars.

I do not let others set limits for me.

I am not a wishful person.

I am a go-getter.

I am a doer.

I am focused.

I am driven.

I am constantly evolving.

I am constantly learning.

I steadily become better.

I am consistently getting closer to my dreams.

I continuously set new goals for myself.

I am the best version of me today.

Work Addict

I have many enjoyable hobbies outside of work.
I enjoy not working.
I am not my work.
I have a life outside of work.
I invest in healthy relationships outside of work.
I have dreams and goals outside of work.
I enjoy my life outside of work.
I am not dependent upon work filling up my time.
I value my health over work.
I value my sanity over work.
I value people over work.
I value my mental health over work.
I keep everything in healthy moderation.
I am balanced.

I know how to have fun when I am not working.

I prioritize my time efficiently.

I maximize my time when I am working.

Work Relationships

I have healthy work relationships.

I have healthy work boundaries.

I speak well over others.

I do not get involved with work drama.

I am a positive co-worker.

I am an encouraging co-worker.

I am a delight to be around.

I am careful of who I get close to at work.

I do not divulge my personal life at work.

I do not take my co-workers for granted.

I treat everyone at work with respect.

I treat everyone at work with kindness.

Workday

I'm having a great day at work.

I am productive.

I am thankful for my job.

I am thankful for the people I work with.

I have a positive outlook on life.

I get along easily with others.

I am amiable.

I am valued.

I am cherished.

I am confident.

I choose to look for the good throughout today.

Workout

This is going to be the best workout I've ever had.
I'm putting in the work.
I'm consistent.
I'm diligent.
I'm focused on my health.
I consistently invest in my health.
I'm motivated.
I'm focused.
I'm secure.
I'm confident.
I love my body.
I enjoy working out.
I'm thankful I have the opportunity to workout.
I'm thankful I can move.
I'm blessed.
I'm driven.

I'm reaching my goals.

I understand that pain is temporary.

It's okay to be uncomfortable.

My eyes are on the prize.

Workplace

I am happy with my job.

I am happy with my career.

I am happy at work.

I am stress-free at work.

I am blessed with a fantastic boss.

I am a fast learner.

I am quick on my feet.

I am decisive.

I am intelligent.

I am respected.

I am favored.

I am well-liked.

I am dynamic.

I am focused.

I am secure.

I am energized at work.

I am in the right field.

I am treated kindly at work.

I am in the right position.

I am continuously getting promoted.

I am receiving lucrative propositions at work.

I am receiving new opportunities in my career.

Worry

I am protected.

I am covered with grace.

I am favored.

I am fearless.

I am bold.

I am independent.

I am strong.

I am covered.

I am secure.

I am cared for.

I am courageous.

I am confident.

Write Your Own Affirmations

What are some of your current struggles?

What are some of your active goals?

What areas of your life would you like to improve?

Ask some more questions to yourself, and then start writing down some of your own affirmations to help you move in the right direction.

Affirmation 1

Affirmation: _____

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Affirmation 2

Affirmation: _____

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Affirmation 3

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Affirmation 9

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Affirmation 10

Affirmation: _____

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The End

Thank You Note

Thank you for taking the time to read this book, and I appreciate the opportunity you have given me to invest in your life.